

## Volunteer Training Retreat Registration

**Who:** Volunteers who want to become better in their Girl Scout volunteer position, and have fun at camp!

**What:** Spend the weekend at camp with like-minded passionate volunteers

**Where:** Camp Linden

**When:** April 28-30, 2023

**Why:** *To be the best troop leader, service unit member, adult mentor you can be. But also, to have fun, meet up with friends and make new friends!*

Registration Options	Camp Linden
Registration Fee*	\$50
Meals and Lodging	See the registration form for individual meal and lodging pricing.
Full weekend with Registration, Meals & Lodging (five meals, and two nights)	\$115
Registration Deadline**	April 21, 2023

**\*Some classes have an additional fee that should be added to this registration fee.**

**\*\*No refunds will be granted after registration deadline.**

Use the following method(s) to submit your *Participant Registration Form* (found at the end of this packet):

<b>Mail</b>	Kalamazoo Regional Center 601 W. Maple Street Kalamazoo, MI 49008	<b>Questions?</b> <b>Contact the Help Desk</b> <b>1-800-497-2688 or</b> <a href="mailto:helpdesk@gshom.org">helpdesk@gshom.org</a>
<b>Fax</b>	(269) 492-1439	
<b>E-mail</b>	<a href="mailto:education@gshom.org">education@gshom.org</a>	
<b>Drop off</b>	The GSHOM regional center near you!	

REGISTER ONLINE: [gshom.org>Discover>Event Calendar](https://gshom.org/Discover/EventCalendar)

Camp Linden	Time	Allen	Hilltop Main	The Village	Esther	Sport Field	Other Area/All Camp
FRIDAY							
Check In	4:00 - 7:30 pm	Check In					
	4:00 - 7:30 pm	Guided Camp Tours					
Trading Post		Trading Post Open					
Session 1	5:00-6:00 pm		New Leader Tips & Tricks	Outdoor Ed Backpack		Outdoor Night Activities	
Session 2	6:15-7:15 pm						
Evening Activity	7:30-8:30 pm	Ice Breaker, Introductions, Networking, FUN!!!					
Evening Activity	8:30 PM	Flag Retirement					
SATURDAY							
Morning Hike	7:00-8:00						
Breakfast	7:45-8:45	Breakfast					
	9:00-10:00	Council Presentation					
Session 3	10:15-11:45	Rallyhood	Ceremonies Traditions	Outdoor Skills	SWAPS	Outdoor Day Activities	
Lunch	12:00-12:45	Lunch			Lunch		
Session 4	1:00-2:30	SU Encampments	Making it Girl Led		Financial Reports	Beginning Hiking/ & Leave No Trace	
Session 5	2:45-4:15	Super SU's	Journeys Badges and Pins Oh My				
Session 6	4:30-5:30	Hodgepodge	Brownie Round		Daisy Round	Bandanas	
Trading Post		Trading Post Open					
Flag Ceremony	5:45pm	Flag Ceremony					
Dinner	6:00-7:00	Dinner					
Evening Activity	7:30 PM	Scouts Own					
Evening Activity	9:00:pm	Campfire Activities			Self Defense		
SUNDAY							
Breakfast	8:00-9:00	Breakfast					
Cabin Clean Up	9-:9:30	Pack Up and Clean Cabins					
Trading Post		Trading Post Open					
Session 7	10:00-11:30	Big Trip Tips & Tricks	FA CPR AED	Adv Outdoor Cooking		Fire Building 201	Slingshots
Session 8	11:45-1:15					Beginning Backpacking	Rifle
Session 9	1:30-3:00				Outdoor Games		

## Camp Linden      April 28-30, 2023      Deadline: April 21, 2023

Phone Number: \_\_\_\_\_

☐ Early to Bed (Quiet time after 9 p.m.)    ☐ Late to Bed (Quiet time after 11 p.m.)    ☐ Night Owls (up all night)

Course Choices	Session	1 <sup>st</sup> Choice			Session	2 <sup>nd</sup> Choice	
	FRIDAY	Course Name	Fee		FRIDAY	Course Name	Fee
	SATURDAY				SATURDAY		
	SUNDAY				SUNDAY		

\* If minimum registrations are not met for a course the class will be cancelled, and you will be placed into your second choice.

	Price	
Registration Fee	\$50	
Friday Night Overnight	\$10	
Saturday Night Overnight	\$10	
Saturday Breakfast	\$10	
Saturday Lunch	\$10	
Saturday Dinner	\$10	
Sunday Breakfast	\$10	
Sunday Lunch (sack lunch, can take with you)	\$5	
Additional Workshop/Activity Fee(s) (if applicable)	\$	
<b>TOTAL</b>		

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Return payment, completed registration form, and Adult Health History Form to:**

<b>Mail</b>	GSHOM Kalamazoo Regional Center 601 W. Maple Street Kalamazoo, MI 49008
<b>Fax</b>	(269) 492-1439
<b>E-mail</b>	<a href="mailto:education@gshom.org">education@gshom.org</a>
<b>Drop off</b>	The GSHOM regional center near you!

## Friday Course Descriptions

**NEW LEADER TIPS & TRICKS (Sessions 1-2, 5:00-7:15 pm)** You've taken your new leader trainings, checked out the Volunteer Toolkit, met up with other leaders at a Service Unit Leader meeting. Now we'll share those "little things" that leaders should know- the things that you pick up along the way, to make your Leader experience easier and more fun for you and the girls.

**OUTDOOR ED BACKPACK (Sessions 1-2, 5:00-7:15 pm)** You will receive a full pack of ready to use environmental education activities for day and evening programs with your troop. You will learn a variety of techniques that will make "education" in the outdoors exciting and less intimidating. Most of these activities can be done with any grade level. You will receive materials- please plan to bring a backpack or tote to store them all!

**OUTDOOR NIGHT ACTIVITIES (Sessions 1-2, 5:00-7:15 pm)** Going camping with the troop is always a good time, but what can you do when the sun goes down? We will share several "after dark" activities that will add to the fun!

## Saturday Course Descriptions

**OUTDOOR SKILLS 1 & 2 (Sessions 3-6, 10:15am-5:30pm)** This class will prepare you to take your troop on a camping trip. There will be pre-work assigned on gsLearn that will need to be completed before the class. You will be mostly outdoors, so come prepared for the weather- appropriate clothing and shoes! Bring a mess kit, as well- you will cook and eat lunch during class. **ADDITIONAL FEE \$25 TO REGISTER FOR THIS COURSE YOU MUST GO ONLINE TO <https://www.gshom.org/> -> DISCOVER -> Event Calendar. Contact [education@gshom.org](mailto:education@gshom.org) or [helpdesk@gshom.org](mailto:helpdesk@gshom.org) for assistance.**

**RALLYHOOD (Session 3, 10:15-11:45am)** Rallyhood is a community collaboration platform enabling action-oriented groups, causes, organizations, and socially responsible companies. Our online and mobile platform blends the best of social with the best of productivity, giving users a more effective tool to communicate, coordinate, and share. Great things happen when we come together.

**CEREMONIES & TRADITIONS (Session 3, 10:15-11:45am)** Some things in Girl Scouts never change! In this session, we will cover traditional Girl Scout ceremonies and give you tools to help girls learn how to plan their own ceremonies. You will learn about: flag ceremonies, Investiture/Rededication, Girl Scouts Own and more!

**SWAPS (Session 3, 10:15-11:45am)** Special Whatchamacallits Affectionately Pinned Somewhere. Learn about the tradition of making, pinning, and sharing SWAPS, and how they can add another level of fun to Girl Scout activities. **ADDITIONAL FEE \$5.00**

**OUTDOOR DAY ACTIVITIES (Session 3, 10:15-11:45am)** Have fun learning and playing outdoor games for girls of all ages. Some games will deal with nature, all need little to no equipment.

**BEGINNING HIKING & LEAVE NO TRACE (Sessions 4-6, 1:00-5:30pm)** Ready to "take a walk" with your troop? Learn the basics of planning and preparing for those first hikes. Also, learn how to teach your girls to leave no sign that they have been there!

**SU ENCAMPMENTS (Session 4, 1-2:30pm)** Tips and tricks to leading a successful service unit encampment. Learn how to involve volunteers and girls, plan ahead, and so much more!

**MAKING IT GIRL LED (Session 4, 1-2:30pm)** This sets Girl Scouts apart from other extra-curricular activities. Learn how to implement Girl Led at different levels as you learn to step back and support girls as they learn to take the lead, and have fun while doing it!

**FINANCIAL REPORTS (Session 4, 1-2:30pm)** Tips and tricks to completing your troop and service unit financial reports throughout the year, when to ask for help, and more!

**SUPER SU's (Session 5, 2:45-4:15pm)** Why is it so important to have a great service unit volunteer team? Hear from the experts why and how their fabulous service unit team supports their girls, troops, communities, and each other!

**JOURNEYS AND BADGES AND PINS- OH MY! (Session 5, 2:45-4:15pm)** Explore the differences between Badges and Journeys (and Patches, too!), and learn the when-why-and how to lead your girls into exploring Pins, such as the Torch and Service pins and more!

**HODGEPODGE (Session 6, 4:30-5:30pm)** is described as “an assortment, crazy quilt, grab-bag, jumble, medley, mishmash, patchwork or variety of different things.” Join us for a Girl Scout Hodgepodge of ideas and activities,; look forward to a meaningful, fun-filled experience including traditions, games, songs, crafts, team-building, and much more!

**BROWNIE ROUND TABLE (Session 6, 4:30-5:30pm)** New Leader? Seasoned but have ideas to share? Want new ideas? This is a chance for open discussion about the amazing world of Brownies!

**DAISY ROUND TABLE (Session 6, 4:30-5:30pm)** New Leader? Seasoned but have ideas to share? Want new ideas? This is a chance for open discussion about the amazing world of Daisies!

**BANDANAS (Session 6, 4:30-5:30pm)** Bet you didn't know that you can do more with a bandana than just wear it as a hat or scarf! Learn all kinds of different uses.

**ADDITIONAL FEE \$5.00**

## **Sunday Course Descriptions**

**BIG TRIP TIPS AND TRICKS (Session 7, 10:00-11:30am)** Once you have taken your troop on local field trips, and maybe adventured out further across the state, you will be ready to start planning for even bigger things! We will move up the travel progression and offer basic how-to's on planning and preparing for that “big trip”, sharing ideas on keeping it girl-led.

**FIRST AID/CPR/AED (Sessions 7-9, 10:00-3:00pm)** This course will teach you how to recognize and respond appropriately to cardiac, breathing and first aid emergencies. You'll learn skills necessary to provide immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Those who successfully complete this course will receive certificates for Standard First Aid and AED with CPR - Adult and Child, which are valid for two years. **NOTE: THIS IS THE SKILLS TEST ONLY. This is a blended training- You will need to complete the online portion before coming to this session. You will receive instructions for the online portion after you have registered for a SKILLS TRAINING session.** **ADDITIONAL FEE \$65.00 TO REGISTER FOR THIS COURSE YOU MUST GO ONLINE TO <https://www.gshom.org/> -> DISCOVER -> Event Calendar. Contact [education@gshom.org](mailto:education@gshom.org) or [helpdesk@gshom.org](mailto:helpdesk@gshom.org) for assistance.**

**ADVANCED OUTDOOR COOKING (Sessions 7-8, 10:00am-1:15pm)** Try out new cooking methods and recipes. Bring a good appetite to this class because you will be cooking and eating lunch as a group. Please bring a mess kit. No outdoor skills required. **ADDITIONAL FEE \$10.00**

**FIRE BUILDING 201 (Session 7, 10:00-11:30am)** There is more than one way to build a fire. Discover multiple ways to start a fire in different circumstances, with different types of materials.

**BEGINNING BACKPACKING (Session 8, 11:45am-1:15pm)** Learn how to pack a backpack, and important items to take with you on your hike with your troop. Learn the basics of how to backpack with your troop without leaving camp property!

**OUTDOOR GAMES (Session 9, 1:30-3:00pm)** Learn to play games to use outdoor space at your meeting site and at camp. Find out what is meant by “Kim’s Game”, scavenger hunts, etc. You will take away activities to utilize at your meetings or at camp.

**SLINGSHOTS (Session 7, 10:00-11:30am), RIFLERY (Session 8, 11:45am-1:15pm), ARCHERY (Session 9, 1:30-3:00pm)** Check out these activities so you can share with your troop the fun that they can have at camp! **ADDITIONAL FEE \$12 TOTAL, ATTEND ONE OR ALL THREE ACTIVITIES**

## Girl Scouts Heart of Michigan Girl/Adult Health History Form

To be completed annually by parent/guardian or adult participant. This form is confidential and to be kept with the individual's records.  
This information is requested on an annual basis so we can best take care of you/your daughter and ensure safety.

### Participant Information:

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_

### Parent/Guardian Information:

She is under the custodial care of:

☐ Both Parents ☐ Mother/Guardian only ☐ Father/Guardian only ☐ Other(specify) \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address (if different than girl) \_\_\_\_\_

Phone (day) \_\_\_\_\_ Phone (evening) \_\_\_\_\_ Cell # (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address (if different than girl) \_\_\_\_\_

Phone (day) \_\_\_\_\_ Phone (evening) \_\_\_\_\_ Cell # (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

### Emergency Contact Information:

In the event that I cannot be reached in an emergency, the following are authorized to act in my behalf:

Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ Phone (evening) \_\_\_\_\_ Cell # (\_\_\_\_) \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ Phone (evening) \_\_\_\_\_ Cell # (\_\_\_\_) \_\_\_\_\_

### Health Care Information:

Physician's Name: \_\_\_\_\_ Phone # \_\_\_\_\_ Last Exam Date: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Do you carry family medical/hospital insurance? ☐ Yes ☐ No If yes, please complete the following information.

Insurance Company: \_\_\_\_\_ Policy/Group # \_\_\_\_\_

Through (employer) \_\_\_\_\_ Insured Name (parent) \_\_\_\_\_

**Allergies:** Check those that apply, specify what reaction to look for and what treatment is recommended.

☐ Penicillin /Other Medications \_\_\_\_\_

☐ Food Allergies \_\_\_\_\_

☐ Bee/wasp/insect bites \_\_\_\_\_

☐ Plants (poison ivy, etc) \_\_\_\_\_

☐ Animals (dogs, horses, etc) \_\_\_\_\_

☐ Other \_\_\_\_\_

**Immunization Status** (Indicate Date): ☐ Tetanus \_\_\_\_\_ ☐ Hepatitis B \_\_\_\_\_ ☐ TB \_\_\_\_\_

**Please list any medications taken on a regular basis:** \_\_\_\_\_

**Additional health conditions or limitations we should be aware of:** \_\_\_\_\_

### Consent and Permission to Treat

In the event that reasonable attempts to contact me, or my designated emergency contacts, in an emergency have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary. This health history is complete and accurate. I know of no reason(s), other than information indicated on this form, why this individual should not participate in prescribed activities except where noted.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_